

WEBB COUNTY HEAD START NEWSLETTER

From the Desk of Head Start Director:

I hope this message greets everyone in good health, relaxing, and enjoying the summer weather. Please take time to visit the Laredo Public Library, Parks & Recreation centers, and the Girls & Boys Club. Offer your children positive, fun-filled activities that will encourage good physical, emotional, and intellectual health.

Departa De Su Directora:

Espero que les llegue este saludo con buena salud, descanso, y disfrutando del verano. Tomen tiempo para visitar la Biblioteca publica, los centros de Recreación, y los centros del Club de Niñas y Niños. Ofrezcan a sus niños actividades positivas llenas de diversión que les estimule buena salud emocional, física e intelectual.

Aliza Oliveros

Parents: Visit the Book Mobile at your center from 1:30– 2:30 p.m. Take advantage to check out books and read to your children.

June 5- Book Mobile visit at Villa Alegre

June 6– Book Mobile visit at Jesus Garcia

June 7– Book Mobile visit at Floyds

July 5, Presentation of Certificates.

July 6, children’s end of the year party.

Have a safe summer!

PARENT INVOLVEMENT

The Parks and Recreation have a summer program to help keep the children entertained and safe during the hot summer months. Please help the centers with supervising your children since they provide activities but they do not baby-sit the children. Parents can make an activity safer with simply their presence.

ENVOLVIMIENTO DE PADRES

Los Parques de Recreación están para ayudar a entrete-ner a los niños / as durante el tiempo de verano. Tomen tiempo para ayudar a supervisar a su niños / as ya que los centros no tienen la supervisión adecuada.

La presencia de padres siempre ayuda que haga un po-co mas de seguridad.

Linda M. Payle, Coordinadora

EDUCATION

Dear Parents,

This month your child has learned about ways to keep safe while having fun in the summer. Here are some safety rules to reinforce.

When swimming: Be sure to swim with an adult present.

Wear life vests or other protective floating devices.

When cooking outdoors:

Stay away from hot fires and grills.

When bike riding:

Ride only where an adult tells you it’s safe.

Wear a helmet that fits correctly.

Whenever you play outdoors:

Wear sunscreen.

Wear a light-colored shirt, hat, and sunglasses.

Drink plenty of fluids to avoid dehydration.

When watching fireworks:

View from a safe distance.

Never touch any type of explosive.

Please note that preschoolers are naturally curious and impulsive. Verbal reminders should always be reinforced by adult supervision. We urge you to follow these safety guidelines to help ensure a safe and happy summer for your family.

EDUCACION

Estimados Padres:

Este mes, su hijo ha aprendido sobre las formas de mantenerse seguro mientras se divierte en el verano. Aquí hay algunas reglas de seguridad para reforzar:

Cuando nade:

Asegúrese de nadar con un adulto presente.

Use chalecos de salvavidas u otro dispositivo de flotación.

Cuando cocine al aire libre:

Manténgase alejado de fuegos y parrillas calientes.

Cuando monte en bicicleta:

Monte en bicicleta sólo cuando un adulto le diga que es seguro hacerlo.

Use un casco que le quede correctamente.

Siempre que juegue al aire libre:

Use loción para proteger la piel del sol.

Use una camisa de color claro, sombrero y lentes para el sol.

Beba bastantes líquidos para prevenir que se deshidrate.

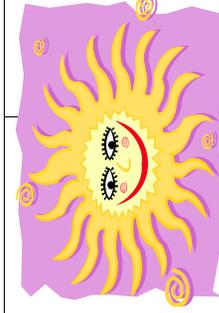
Cuando observe fuegos artificiales:

Véalos desde una distancia segura.

Nunca toque ningún tipo de explosivo.

Por favor note que los preescolares son naturalmente curiosos e impulsivos. Los recordatorios verbales siempre deben ser reforzados por supervisión adulta. Lo instamos a que siga esto lineamientos de seguridad para ayudarle a garantizar un verano seguro y feliz para su familia.

Estela Salazar, Directora de Educación



4
 5-B-Milk 6oz., muffin 1, applesauce 1/2 c.
 L-L-Milk 6 oz., Meat Loaf 1 slice w/ gravy 1/4 C., watermelon, pineapple cantaloupe salad 1/4 C... **broccoli** 1/4c. Wheat bread 1/2 sl.
 S- Orange juice 4 oz. *Teddy grams* 1.
Send breakfast for 6/5/07

5
 B--, Milk 6oz. *Banana 1 Apple jacks* 1
 L-Milk 6 oz., Fish sticks 3 tar sauce 1 pkg. Wheat bread 1/2 sl., cucumbers 1/4c., pineapple 1/4 c.
 S- *Fresh orange 1., Graham Crackers* 2, *Water* 4 oz.

6 B- Milk 6 oz. Pan cake 1, Syrup 1/2, apple sauce 1/2 c.
 L- Milk 6 oz. Ground beef with diced potatoes 1/2 c., apricots 1/4 c., *wheat bread 1/2 slice*
 S- *Saltine crackers* 4 *Orange Juice* 4 oz.
Send Breakfast of 6/7/07.



7 B-Milk 6 oz., banana 1 apple jacks 1
 L-Milk 6oz. wieners 1/4 1 Hot dog bun 1, Chile con carne 1/4c.
 Watermelon cubes 1/4c
 S-, *Teddy Grahams* .5 oz. *Orange Juice* 4 oz.

1
 B Milk 6 oz., banana 1, Cherrios, L-Milk 6 oz. Chicken salad 1/4 c., **carrot** and celery sticks 1/4c.
 Dressing 1, *pineapple* 1/4 c. *Wheat Crackers* 4
 S- *Teddy grahams Orange juice* 4 oz.

11 B-Milk 6 oz. Muffin 1, diced peaches 1/2 c oz.
 L- Milk 6 oz., Pizza 1. **apricots** 1/4 c. Carrot sticks 6
 S- *Wheat crackers* 6 *Tropical Fruit* 1/2 c.
Send Breakfast for 6/12/07

12 B-Milk 6oz. Cherrios 1 banana 1 4 oz.c,
 L- Milk 6 oz. , 1/4c. Chicken with rice c. Broccoli w cheese 1/4 c., 1, **Pineapple tidbits with strawberries** 1/4c.
 S- Orange 1 Oatmeal Cookie 1 water

13 B-Milk 6 oz.- Apple Jacks 1, 1 banana
 L-Milk 6 oz. -Salisbury Steak 1 with gravy, **diced carrots** 1/4 c., Wheat Bread 1/2 sl. Sliced Orange 1/2
 S- *Crackers* 4 *Orange Juice* 4 oz.
Send Breakfast 6/14/07

14
 B-Milk 6 oz., Rice Krispies 1 Banana 1
 L-Milk 6 oz. Grilled chicken 1 Mixed vegetables 1/4c. Fresh apple 1/2. Wheat bread 1/2 slice
 S- *Orange Juice* 4 oz., *Teddy Grahams* 1

15 Milk 6oz. Pan Cake 1 syrup 1/2 fresh orange 1
 L- Milk 6 oz. Chicken salad 1/4 c. peas 1/4 c., **sliced apricot** 1/4c.
 Wheat bread 1/2 sl
 S- Orange Juice 4 oz. *Graham Crackers* 2

18
 B-Milk 6 oz. Pan Cake 1 syrup 1/2 Orange 1
 L- Milk 6 oz. Diced Chicken w/ noodles 1/2 c. Mixed Vegetables 1/4 c. Red apple 1/2. Wheat Bread 1/2 slice
 S-cinnamon graham crackers 2
 Pineapple juice 4 oz.
Send breakfast for 6/19/07

19 B-Milk 6oz. Rice Krispies Cereal 1, banana 1,
 L-Milk 6 Oz. Grilled chicken patty 1, s 1/4 c, White bread 1/2 slice **sliced apricots** 1/4 c
Orange 1/2
 S-saltine crackers 4. *Orange Juice* 4 oz.

20 B-Milk 6 oz. Biscuit 1 Jelly 1 *Orange 1.*
 L-Italian food -Milk 6oz., ground meat /w vermicelli 1/2 c., wheat bread 1/2 sl., cucumbers 1/4 c. **apricots** 1/4c.
 S- *Wheat Crackers* 6 *Orange Juice* 4 oz.
Send Breakfast of 6/21/07

21 B-, Milk 6oz. *Banana 1 Cherrios 1*
 L-Milk 6 oz., Chicken salad 1/2 c
 Wheat bread 1/2 sl., cucumbers 1/4c., fresh plum 1.
 S- *Fresh orange 1., Graham Crackers* 2, *Water* 4 oz.

22 13-B-Milk 6oz., Pan Cake 1, syrup 1/2, 1, **Orange** 1
 L-Milk 6 oz. Hamburger patty 1 cheese 1 slice oven fries 1/4 c. ketchup 1 pkg. mayonaise 1 pkg. c., sl cantaloupe 2oz. bun
 S- Milk 4 oz. Banana 1,

25
 B-Milk 6 oz. Muffin 1, diced peaches 1/2 c oz.
 L- Milk 6 oz., Pizza 1. **apricots** 1/4 c. Carrot sticks 6
 S- *Milk* 4 oz. *Diced Pear* 1/2 c.
Send Breakfast for 6/26/07

26 Milk 6 oz. *Banana 1 Cherrios 1*
 L- ground beef w/ spaghetti 1/2 c. *pineapple* 1/4 c. *peas* 1/4 c.
 S *Small canned orange juice* 6 oz. *Teddy Grahams* 1/2 oz.

27 B-Milk 6 oz. Biscuit 1 Jelly 1 *Orange 1.*
 L-Italian food -Milk 6oz., ground meat /w vermicelli 1/2 c., wheat bread 1/2 sl cucumbers 1/4 c. **apricots** 1/4c.
 S- *Oatmeal Cookie 1 Orange Juice* 4 oz.
Send Breakfast of 6/28/07

28 Milk 6 oz. Muffin 1 orange juice 4 oz.
 L-Milk chicken tenders 1.5 oz. Cucumbers 1/4 c. orange 1/2 Wheat bread 1/2 slice
 S- *Milk* 4oz. *Applesauce* 1/2 c

29 Milk 6 oz. Breakfast buddy 1 orange 1
 L Milk 6 oz. Cubed beef with broccoli 1/2 c. fresh peach 1 wheat bread 1/2 slice
 S-Milk 4 oz. Strawberries 1/4 c. banana 1/2



Parent Involvement Content Area

JUNE 2007

Webb County Head Start

Program

Together – Time Activities

- Read to your children each day.
- > Ask an older child or other family member to read to a younger child.
- > Visit the Public Library, there are many fun things to do free of charge.
- > Instead of eating inside your home, take the food outside and have a picnic!

There is no need to spend money for these activities!

Actividades para usted y sus niños

- > Lea libros a sus niños.
- > Invite algun adolescente miembro de su familia que lea una historia a los niños.
- > Visite la biblioteca publica. Habra actividades gratuitas para los niños.
- > Lleve la comida al jardin y coma al aire libre con su familia.

No se necesita dinero para estas actividades.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Book Mobile visits Villa Alegre 1:30-2:30 p.m.	6 Book Mobile visits Jesus Garcia 1:30-2:30	7 Book Mobile visits Floyds 1:30-2:30 p.m.	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30